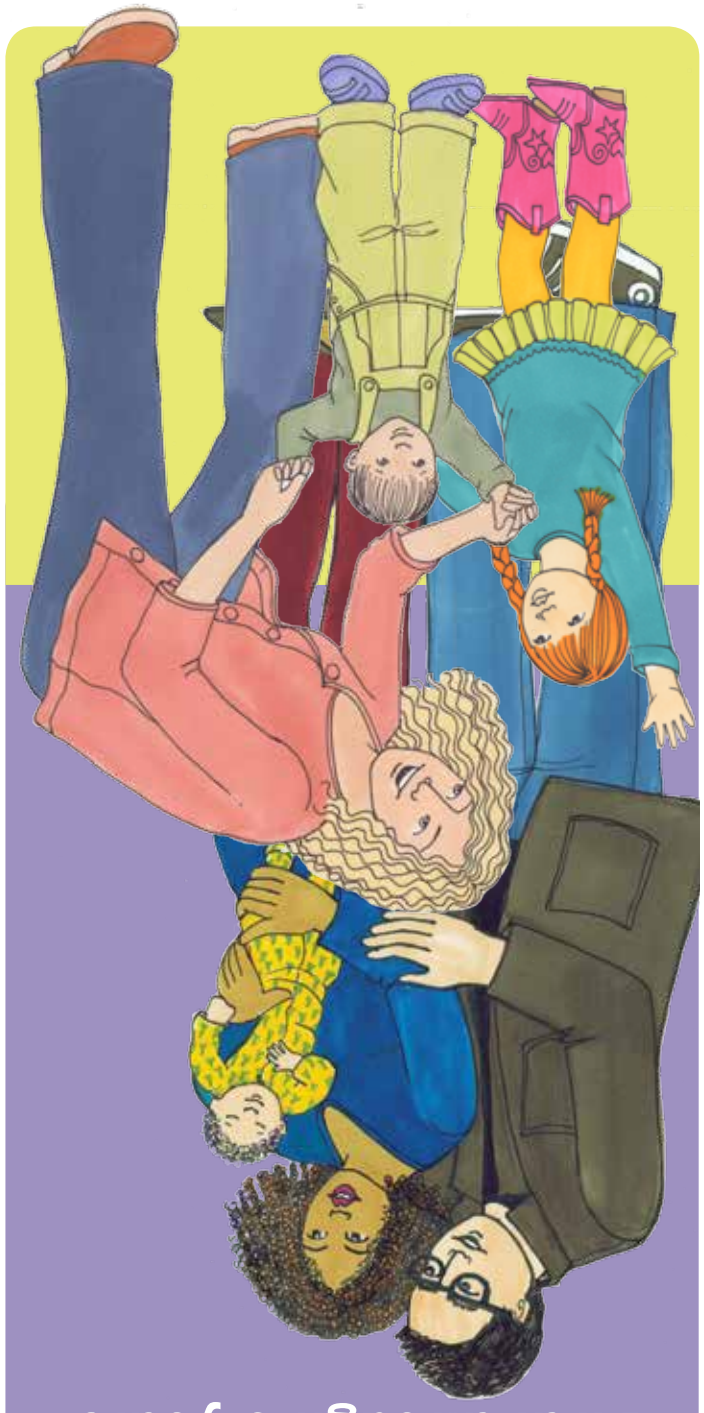
# Immunizations
## Birth through 6 years



## Comfort Your Baby

It's hard to watch your child get shots. If your child feels that you are relaxed, she is more likely to feel safe. Breathe slowly and stay calm.

**There are things you can do to comfort your child at any age:**

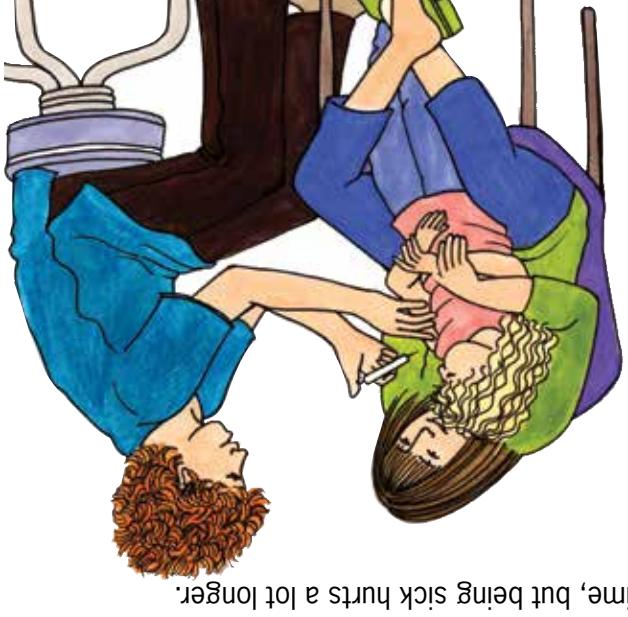
- Bring along his favorite toy or blanket.
- Hold him in your lap.
- Reassure him that everything is okay.
- Ask your doctor about when to give him medicine to reduce pain or fever.

**For infants:**

- Touch your baby gently and talk softly to her.
- Make eye contact as you smile at her.
- Hold, cuddle, or feed your baby at the breast or bottle.

**For toddlers:**

- Talk to or sing with your child.
- Help him to take deep breaths and "blow out" the pain.
- Point out posters or objects in the room.
- Tell a story or have him tell you one.
- Let your child cry. Don't force him to be brave. Help him understand that a shot hurts a short time, but being sick hurts a lot longer.



## More Immunization Information

Learn the facts about vaccine benefits and risks by getting the free booklet ***Plain Talk About Childhood Immunization*** from the **Washington State Department of Health**:

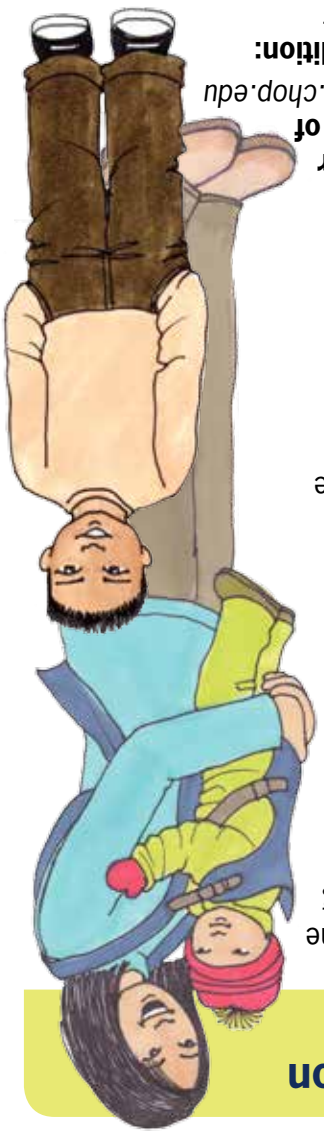
- Available in English, Spanish, and Russian
- To download, search for publications at: *www.doh.wa.gov*
- To order a printed copy, call: Family Health Hotline at 1-800-322-2588

**U.S. Centers for Disease Control and Prevention:**

- *www.cdc.gov/vaccines*
- 1-800-CDC-INFO (1-800-232-4636)
- TTY: 1-800-232-6348
- email: NIPINFO@cdc.gov

**Vaccine Education Center at the Children's Hospital of Philadelphia:** *www.vaccine.chop.edu*

**Immunization Action Coalition:** *www.vaccineinformation.org*




WithinReach | WithinReach Family Health Hotline **1-800-322-2588** (711 TTY relay) or **www.ParentHelp123.org**

Washington State Department of Health

CHILD PROFILE childprofile.org





Partially funded by the Federal Vaccines for Children Program.
If you have a disability and need this document in another format, please call 1-800-322-2588 (711 TTY).

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## How do vaccines work?

**Vaccines work by creating immunity (protection) against serious diseases.** When your baby gets sick, her body makes antibodies to fight the infection. The antibodies stay in her body, ready to protect her if she gets infected by the same germ later on. Vaccines work in the same way, by creating protective antibodies *without* your baby having to become sick from the disease. Vaccines are the safest way to teach your baby's body how to defend itself against serious diseases.

### Why are vaccines given at such a young age?

Infants get vaccines when they have the highest risk for becoming seriously ill from certain diseases *and* when their immune systems respond best to the vaccines. We start immunizing as early as possible to protect children as soon as possible.

### Why so many vaccines at one visit?

- Babies are at high risk for many serious diseases. Vaccines help them build immunity to protect them as soon as possible.
- We have vaccines to safely protect children against more diseases than ever before.
- Babies' immune systems can easily handle many vaccines at one visit without being overloaded.

### Why does my baby need so many doses of the same vaccine?

Your child needs more than one dose of most vaccines to build the best immunity. His protection increases after each dose he gets. He will also need "booster doses" of some vaccines throughout his lifetime to stay protected against certain diseases.

## Why should I immunize?

**To prevent common illnesses.** Some common diseases in the United States are also very serious, like whooping cough, flu, and rotavirus. If you decide not to vaccinate, your baby will be at risk for serious, and sometimes deadly, diseases.

**To prevent diseases that exist in the United States.** Some diseases, like measles and mumps, still occur in our country at low levels. When fewer people get immunized against these diseases, outbreaks can happen.

**To prevent diseases that still exist in other parts of the world.** Some diseases, like polio and diphtheria, are rare in the United States. But anyone traveling could catch and spread these diseases. They are only a plane ride away.

**To protect others in your family and community.** By immunizing your child, you also protect those who:

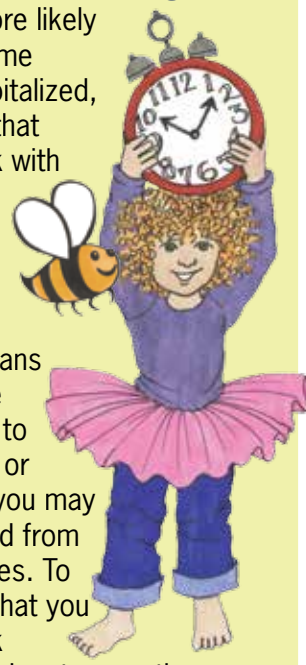
- Have weakened immune systems.
- Cannot get shots because they are too young, too old, or have certain medical conditions.
- Are not fully immunized.

The decision to immunize your child is important. Get the facts!

You need immunizations throughout your lifetime. Be sure your whole family is up-to-date on their vaccinations.

## Immunize on Time

**It's best to immunize your baby at the earliest recommended age.** Infants and toddlers are more likely than older children to become very ill or disabled, be hospitalized, or even die from diseases that vaccines can prevent. Work with your doctor or nurse to immunize on time.



### Child care and school requirements

Keeping up-to-date also means that your child will meet the immunization requirements to start child care, preschool, or kindergarten. As a parent, you may choose to exempt your child from getting one or more vaccines. To do this, state law requires that you get vaccine benefit and risk information and a doctor's signature on the exemption form. Without vaccine protection, your child will be at risk for disease and may need to stay home during a disease outbreak at school or child care.

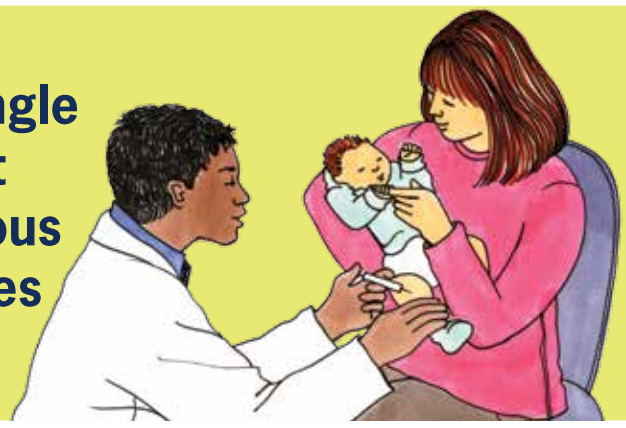
### What if my child gets off schedule?

If your child falls behind schedule by missing a vaccine dose, catch up as soon as possible. The series does NOT have to be started over. But, your child will not have the best protection against the disease until she gets all the doses.

### What if my child is sick?

Immunizations can be given even if your child is taking antibiotics, has a mild fever, cold, or diarrhea. The vaccine will still be effective. It will not make your child's illness worse. At every visit, ask the doctor or nurse if your child is due for immunizations.

# Immunization: the single most important way to protect your baby from these 15 serious and sometimes deadly diseases



### These diseases spread by coughing and sneezing:

**Diphtheria** causes a sore throat and mild fever and can completely block a person's airway. Diphtheria can cause breathing and heart problems, coma, paralysis, and death.

**Pertussis** (whooping cough) causes spells of coughing that make it hard for a child to eat, drink, or breathe. Whooping cough can cause pneumonia, seizures, brain damage, and death. Infants younger than six months are at highest risk for being hospitalized and dying from pertussis. Most infants get the disease from a family member, so older children and adults who have contact with babies should receive a Tdap (pertussis) vaccine.

***Haemophilus influenzae* type b** (Hib) can cause meningitis (swelling of the covering of the brain and spinal cord), infections of the joints, skin, and blood, brain damage, and death. Hib is most dangerous to children under age five.

**Pneumococcal** disease is the main cause of bacterial meningitis (swelling of the covering of the brain and spinal cord) in young children. It can also cause serious blood infections and pneumonia.

**Influenza** (flu) often causes high fever, cough, headache, and muscle aches. All flu viruses can lead to pneumonia and heart problems. Parents and caregivers should get vaccinated to prevent spreading the flu to their babies. The flu can be very serious, especially for babies under six months who are too young to get flu vaccine. They often must be hospitalized.

**Measles** causes a high fever, cold-like symptoms, and a rash. It can lead to pneumonia, hearing loss, brain damage, and death. A child who has not been immunized will most likely get measles if exposed.

**Mumps** can cause headache, fever, and swelling of the cheeks, neck, or jaw. Mumps can lead to hearing loss, meningitis (swelling of the covering of the brain and spinal cord), and brain damage.

**Rubella** causes a fever and a rash on the face and neck. Pregnant women who get rubella can miscarry or have babies with birth defects such as blindness, deafness, or developmental delays.

**Varicella** (chickenpox) causes an itchy skin rash (with blisters) and fever. Chickenpox can be severe and may lead to meningitis (swelling of the covering of the brain and spinal cord), serious skin infections, and pneumonia. Chickenpox can also spread by direct contact with the blisters.

### These diseases are found in the stool (feces) of infected persons and spread when a person puts something (food, water, hands, or an object) into his mouth that has the virus on or in it:

**Rotavirus** causes high fever, vomiting, and severe diarrhea. These symptoms can cause a child to lose body fluids and become dehydrated, which can lead to hospitalization.

**Polio** can cause permanent paralysis and death. There is no treatment for polio. Polio still exists in other countries and is only a plane ride away.

**Hepatitis A** causes liver disease.

### Each of these diseases spreads differently:

**Hepatitis B** spreads by contact with infected blood or other body fluids. It can cause serious liver infections. A mother with hepatitis B can pass the virus to her newborn baby during childbirth. Nine out of ten infants who get infected will develop lifelong (chronic) hepatitis B. Of those, one in four will die of liver problems, including liver cancer, later in life.

**Tetanus** (lockjaw) spreads by germs that enter the body through a cut or puncture wound. It can cause muscle spasms, breathing problems, and often, death. Protection from tetanus will always be needed because the tetanus germ lives in soil and manure, and cannot be removed from the environment.

**Meningococcal** disease spreads by close contact with infected persons by kissing, coughing, or sharing anything by mouth, like utensils or toothbrushes. It can cause meningitis (swelling of the covering of the brain and spinal cord), pneumonia, and bloodstream infection. Severe disease can cause brain damage, deafness, limb loss, and death.

## Recommended Immunization Schedule Ages Birth – 6 Years

| Vaccine \ Age | Birth | 1 month | 2 months | 4 months | 6 months | 9 months | 12 months | 15 months | 18 months | 19-23 months | 2-3 years | 4-6 years |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hepatitis B | HepB | HepB | | | HepB | | | | | | | |
| Rotavirus | | | RV | RV | RV | | | | | | | |
| Diphtheria, Tetanus, Pertussis (whooping cough) | | | DTaP | DTaP | DTaP | | | DTaP | | | | DTaP |
| *Haemophilus influenzae* type b | | | Hib | Hib | Hib | | Hib | | | | | |
| Pneumococcal | | | PCV | PCV | PCV | | PCV | | | | PPSV/PCV | |
| Inactivated Poliovirus | | | IPV | IPV | IPV | | | | | | | IPV |
| Influenza (flu) | | | | | Influenza (Yearly) | | | | | | | |
| Measles, Mumps, Rubella | | | | | | | MMR | | | | | MMR |
| Varicella (chickenpox) | | | | | | | Varicella | | | | | Varicella |
| Hepatitis A | | | | | | | HepA (2 doses) | | | | HepA | |
| Meningococcal | | | Meningococcal | | | | | | | | | |
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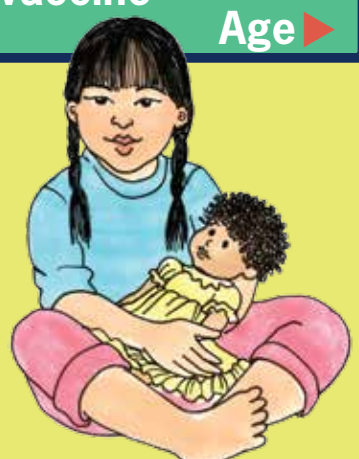

### Reading the schedule

- Your child should get the vaccine at this age or age range.
- Your child may need these vaccines if she has high-risk conditions. Ask your doctor or nurse for more information.
- Your child may get this dose depending on the type of vaccine used. Ask your doctor or nurse for more information.

If your child misses a recommended dose, get it as soon as possible.

Based on the 2014 schedule of the U.S. Centers for Disease Control and Prevention, the American Academy of Pediatrics, and the American Academy of Family Physicians.

Find the recommended immunization schedule for ages 7 to 18 years, and information about adult immunizations at: *www.cdc.gov/vaccines*